

Bangor & Holyhead Methodist Circuit Sunday Worship Sheet 17th May

Our worship for this week was written by The Vine at Home 12 Baskets. You may wish to have your Bible to hand. Please note the hymns are now at the back of the sheet for ease of printing. CCLI licence 55629

Hymn StF 81 – Now thank we all our God – [YouTube](#)

Prayers

On this Trinity Sunday, take a moment to pause in prayer.

Find a comfortable position to sit or lie down in.

Take a deep breath in through your nose, and let it out through your mouth

When you are ready, say out loud or in your head...

Lord, I come into your presence

Breathe in...breathe out... *I come just as I am*

Breathe in...breathe out...

I bring everything I have experienced this past week - the things I'm proud of, and the things I wish had been different

Breathe in...breathe out...

I bring the people that enriched my week, and the people I found it hard to share my week with

Breathe in...breathe out...

I bring the moments of joy, peace, pride, sorrow, frustration, regret and pain

Breathe in...breathe out...

I bring my hopes for next week

Breathe in...breathe out...

I lay all of these things at your feet, and rest in your loving presence.

Amen.

You may now wish to say the Lord's Prayer in a version or translation with which you are familiar.

Reading: Matthew 28:16-20 – [Click for reading](#)

Responding to the reading

The disciples gather on a mountain in Galilee. This is where Jesus has told them to go. This is where something new is about to begin.

Matthew tells us something wonderfully honest: “When they saw him, they worshipped him; but some doubted.”

Even here, even at this pivotal moment, faith and doubt exist side by side, and Jesus does not turn them away. Instead, he comes closer. He speaks not to perfect believers, but to a community that is still figuring things out. And what he gives them is not a set of rigid instructions, but a mission rooted in relationship:

“Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit...”

This is one of the few places where we hear this threefold name: Father, Son, and Holy Spirit. On Trinity Sunday, we pause to reflect on what this means. It is not a puzzle to solve, nor a formula to master. Rather, it is a glimpse into the very nature of God: relationship, connection, love flowing between persons.

The Trinity reminds us that at the heart of reality is not isolation, but community. Not control, but mutuality. Not hierarchy, but shared life. And into that life, we are invited.

Discipleship, then, is not about recruiting people into an institution or forcing belief. It is about welcoming others into a way of life shaped by love, a love we see in Jesus, a love that is sustained by the Spirit, a love that draws us into the heart of God. And then comes the promise that anchors everything:

“And remember, I am with you always, to the end of the age.”

Not just when we feel certain, not just when we get it right, but all the time.

For those of us navigating faith with openness and honesty, this passage is deeply reassuring. Doubt does not disqualify us. Questions do not exclude us. We are still called. Still sent. Still accompanied.

So today, reflect on this:

- What does it mean for you to be part of a faith rooted in relationship rather than certainty?
- Where are you being called to share love, not as pressure, but as invitation?
- How might you live more deeply aware that you are always held within the presence of God?

The Great Commission is not just a task, it is a way of being. A life shaped by connection, courage, and compassion. May you go into the world not alone, but accompanied—living out the love of the Trinity in all you do.

Responding in music

You might like to listen to, sing along with, or look up the words for one or more of these hymns, and use them as part of your response on this Trinity Sunday. How is the Triune God speaking to you through this music?

Hymn StF 707– Make me a channel of your peace – [YouTube](#)

404

Responding in prayer

God of the Trinity,

God of Unity,

God of Harmony,

I lay our broken world at your feet.

With hearts racing, I pray for the people in this world torn apart by rising conflict:

- Families anxious to be reunited
- Parents desperately trying to keep their children safe
- Leaders who continually fail to see that there are other solutions.

Parent God, teach me, and all of us to be more patient with one another.

God of the Trinity,

God of Unity,

God of Harmony,

I lay our broken world at your feet.

Burning with anger, I pray for those rendered voiceless by injustice:

- Children silenced by their abusers
- LGBTQ+ people made to feel like outsiders
- Believers forced to worship in secret

Christ Jesus, guide us towards freedom for all.

God of the Trinity,

God of Unity,

God of Harmony,

I lay our broken world at your feet.

Come, heal me today, heal us today, in Jesus' Christ Amen.

Monday 1st June

- Go outdoors and find something natural: a stone, leaf, flower, or something else.
- Consider the ways God has made this thing and then reflect on how you too are wonderfully made by God. What does this mean to you?

Tuesday 2nd June

- God of love,
Today I pray for refugees and exiles all around the world,
Those who are living in fear and have fled the place they call home.
Show me how to show love to those in need, To be a
place of sanctuary to all who encounter me, In Jesus'
name, Amen.

Wednesday 3rd June

- Do you have a favourite poem or song?
- It doesn't have to be explicitly Christian. Consider the ways the good news of God is communicated through the words.
- If it helps, use these words as a prayer today, perhaps humming or repeating them over and over again during the day.

Thursday 4th June

- What does the good news of the Gospel feel like to you?
- Can you express it as a prayer of thanks in just a sentence or two?
- Once you have chosen or written your sentences, why not find someone to share that prayer with – as a text, or over the phone, or via email, or by chatting to someone today.

Friday 5th June

- Pour a glass of water. Think about the things you do that get in the way of your relationship with God. You might think it muddies the water of your life, but God forgives us for all these things, and offers us living water.
- Drink some of the water and give thanks for the way God reaches out to you with love and forgiveness.

Saturday 6th June

- Light a candle. Jesus is the light of the world. Pray about the places you experience darkness in your life, that Jesus light might shine there.

Hymn StF 404 God's Spirit is in my heart

Blessing

The invitation is for you to join the table,
To join the relationship,
To stand in the presence of the divine and the human, together, To
spread the love of God in the world, in Jesus name. Go in peace,
my friends, and serve the Lord.

Amen.

Hymn StF 81

- 1 Now thank we all our God,
with hearts and hands and voices,
who wondrous things has done,
in whom this world rejoices ;
who from our mothers' arms
has blessed us on our way
with countless gifts of love,
and still is ours today.
- 2 O may this bounteous God
through all our life be near us,
with ever joyful hearts
and blessed peace to cheer us ;
and keep us in his grace,
and guide us when perplexed,
and free us from all ills
in this world and the next.
- 3 All praise and thanks to God
the Father now be given,
the Son, and him who reigns
with them in highest heaven,
the one eternal God,
whom earth and heaven adore,
for thus it was, is now,
and shall be evermore.

Martin Rinkart (1586–1649)

translated by Catherine Winkworth (1827–1878)

Hymn StF 707

- 1 Make me a channel of your peace.
Where there is hatred, let me bring your love ;
where there is injury, your pardon, Lord ;
and where there's doubt, true faith in you :
*O Master, grant that I may never seek
so much to be consoled as to console ;*

*to be understood as to understand ;
to be loved, as to love with all my soul.*

- 2 Make me a channel of your peace.
Where there's despair in life, let me bring hope ;
where there is darkness, only light ;
and where there's sadness, ever joy :

Refrain

- 3 Make me a channel of your peace.
It is in pardoning that we are pardoned,
in giving unto all that we receive,
and in dying that we're born to eternal life.

Sebastian Temple (1928–1997)

from the *Prayer of St Francis*

Hymn StF 404

- 1 God's spirit is in my heart ;
he has called me and set me apart.
This is what I have to do,
what I have to do :
*He sent me to give the good news to the poor,
tell prisoners that they are prisoners no more,
tell blind people that they can see,
and set the down-trodden free,
and go tell everyone
the news that the kingdom of God has come ;
and go tell everyone
the news that God's kingdom has come.*
- 2 Just as the Father sent me,
so I'm sending you out to be
my witness throughout the world —
the whole of the world :
- 3 Don't carry a load in your pack ;
you don't need two shirts on your back ;
God's workers can earn their own keep —
can earn their own keep :
- 4 Don't worry what you have to say ;
don't worry, because on that day
God's spirit will speak in your heart —
will speak in your heart :

v. 1 and refrain Alan T. Dale (1902–1979)

vv. 2-4 Hubert Richards (*b.* 1921)